



Employee Assistance Program (EAP) Monthly Email – November 2023

Support for caregivers

About 40 million Americans provide care to family members or friends. While rewarding, caregiving can lead to stress, anger, sadness, or worry. It's important to remain healthy while caring for others.

Your Carelon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Find professional counseling online or in person.
- Discover tips for building a support network.

- Learn ways to take care of yourself and manage your stress.

Kindness and gratitude

Join us for a webinar: [November 1, 2023, at 2pm EST](#)

Empathy and emotional intelligence are essential traits for everyone. Showing kindness – the act of doing good deeds toward others – is an important way to express those traits. This seminar equips participants with self-reflective tools to better define kindness at home, at work, and in the community.

Register today by clicking: [CARELON](#)

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.



PHONE: [866-987-3705](tel:866-987-3705) | [401-429-2104](tel:401-429-2104)

WEBSITE: www.carelonwellbeing.com/stateofrhodeisland

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Office of Employee Benefits

One Capitol Hill, 3rd Floor

Providence, RI 02908

www.employeebenefits.ri.gov

Phone: (401) 574-8530

Fax: (401) 574-9281